



**CHANCE OF A LIFETIME**  
CITY-BASED REALITY  
SHOW TO FOLLOW  
MMA HOPEFULS (page 6)

**BACK TO WORK**  
HMCS CHARLOTTETOWN  
HEADED FOR  
MEDITERRANEAN (page 3)



**BOUNCE BACK**  
**HERD ENDS**  
**ROAD TRIP ON**  
**A HIGH NOTE** (page 20)



HALIFAX

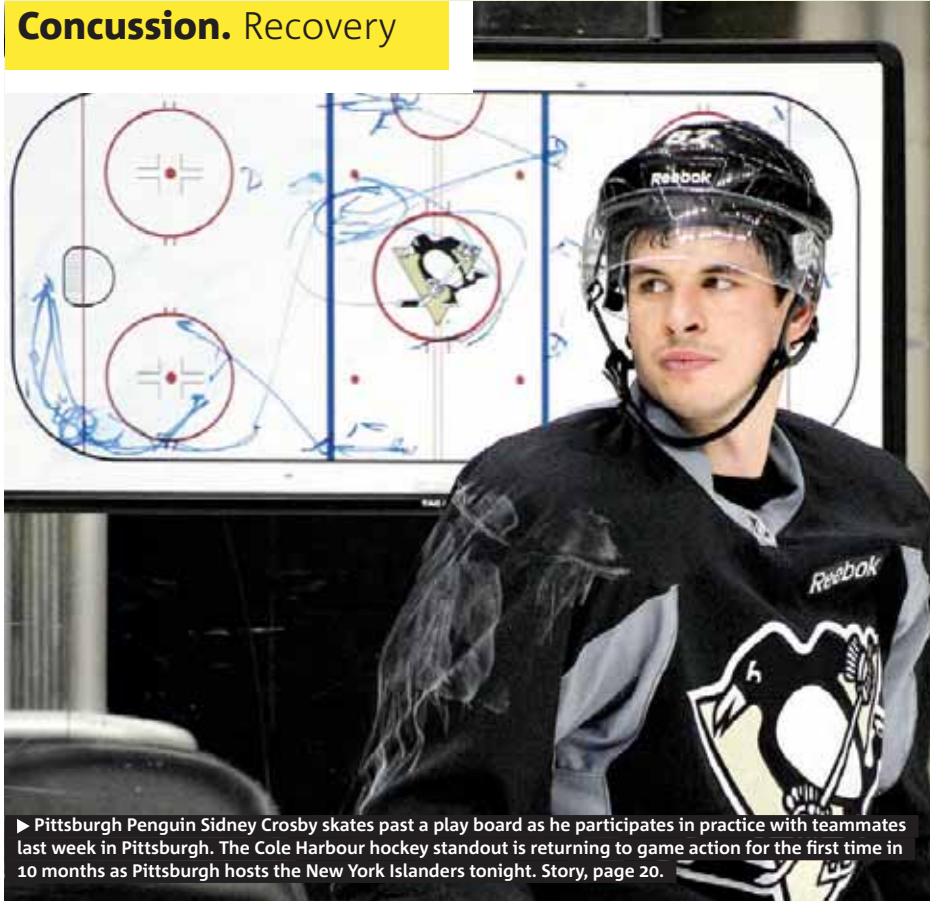
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Monday, November 21, 2011  
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News worth sharing.

**Concussion.** Recovery



► Pittsburgh Penguin Sidney Crosby skates past a play board as he participates in practice with teammates last week in Pittsburgh. The Cole Harbour hockey standout is returning to game action for the first time in 10 months as Pittsburgh hosts the New York Islanders tonight. Story, page 20.

KEITH SRAKOCIC/THE ASSOCIATED PRESS

The wait is over: Crosby's back

# Homicide times two

► Police investigating separate cases, one with a dead woman and the other a dead man

Halifax police are investigating two separate homicides from over the weekend.

In one case, a man found the body of a dead woman in the Vivian's Way area of Shubie Park in Dartmouth just after 10:30 a.m. Saturday while out for a walk.

The woman's remains were identified as those of 27-year-old Christina Kathleen Cline of Dartmouth after an autopsy yesterday.

Police spokeswoman Theresa Rath said investigators seized Cline's red 2000 Chevrolet Venture van on Saturday evening in hopes of finding clues in the case.

"It's really uncertain at this point what happened to Christina," Rath said. "We're still trying to piece together the circumstances surrounding her death."

Seventy-year-old Glenn Francis Oakley was also identified by police as the victim of a homicide yesterday following the completion of an autopsy.

Two women found Oakley on

**15** The number of homicides in HRM so far this year.

the sidewalk of a bridge on Drysdale Road at 10:30 p.m. Saturday in Spryfield while they were out for a walk. They called out for help and a passerby determined Oakley was in "medical distress" and called police.

Paramedics took Oakley to hospital where he was pronounced dead.

Police said Oakley liked to go for walks in the evening around the area where his body was found, and would often cut through the grounds of J.L. Ilsley High School.

"We're asking anyone if they may have seen him out for a walk (Saturday) night to please contact police," said Rath, who added they believe the incident may have been random. "We're interested in what route he may have taken and if he may have interacted with anyone."

● HEATHER GILLIS

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**Nona Fuller**, *President and Audiologist of Hearing Institute Atlantic*

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# Mediterranean mission to continue

- ▶ Defence Minister calls situation in Syria 'troubling in the extreme'
- ▶ HMCS Charlottetown to redeploy from Halifax in two months



▶ Defence Minister Peter MacKay speaks with reporters yesterday following the Halifax International Security Forum.



ALEX  
BOUTILIER  
@METRONEWS.CA

Just a few months after returning from Libya, HMCS Charlottetown will be redeployed as part of NATO's ongoing mission in the Mediterranean.

Defence Minister Peter MacKay revealed yesterday that the ship will leave Halifax in January 2012, for a year-long mission of monitoring and reporting vessels suspected to be involved in terrorism.

HMCS Vancouver, which relieved the Charlottetown in Libya, will re-

main in the Mediterranean until then, as part of NATO's Operation Endeavour.

"HMCS Vancouver will be tasked ... to take part in such events as locating, tracking, reporting, boarding vessels of interest suspected in international terrorism," MacKay told reporters at the closing of the Halifax International Security Forum yesterday.

"The Royal Canadian Navy will remain a presence in the Mediterranean Sea until the end of 2012."

MacKay said the decision to keep a presence in the Mediterranean was partly out of consideration

**"I think that it's fair to say that a lot of dictators are on notice that this type of behaviour is not going to be tolerated."**

DEFENCE MINISTER PETER MACKAY

of events unfolding in Syria, where the government is brutally cracking down on demonstrators. He said the western allies will be watching the situation very closely over the coming days and months — but that military intervention is the last option.

"There's no question

that (Syria) is weighing heavily on our mind, (but) the primary purpose is to contribute to anti-terrorist operations," MacKay said.

It is not known how much the mission will cost — defence department officials are analyzing that now.

MacKay's spokesman Jay Paxton said it will depend on where exactly the ships will be in the Mediterranean and how much fuel it will take to get them there.

Paxton noted the mission to Libya came in approximately \$12 million under budget, totaling about \$48 million.

## Security forum a success: MacKay



▶ U.S. Secretary of Defense Leon Panetta at the Halifax International Security Forum on Friday.



ALEX  
BOUTILIER  
@METRONEWS.CA

This year's Halifax International Security Forum was the most successful in the event's three-year history, according to Defence Minister Peter MacKay.

The conference brought together 300 defence and security experts, politicians and journalists to discuss a

wide range of topics — including how countries are thinking about defence in a time of shrinking military budgets, the ongoing action in Afghanistan, the recent intervention in Libya and the troubling situation in Syria.

"The value and the utility of the Halifax forum draws leading thinkers

from around the world together on Canadian shores," said MacKay.

"This has been the most successful Halifax Security Forum yet, and there's more to come."

Peter Van Praagh, president of the HISF, said this year's event focused on two themes: co-operation and creativity.

## Tories to fight new labour bill

RYAN TAPLIN/METRO



▶ Tory Leader Jamie Baillie.

They're powerless to stop it, but Nova Scotia's opposition parties plan to do everything they can to slow down new labour legislation.

The NDP's majority in the House of Assembly will ensure that first contract arbitration will be established in Nova Scotia.

First contract arbitration allows for newly formed unions to seek an arbitrator's settlement when negotiating their first contract. The proposed legislation is modeled on Manitoba's legislation.

The legislation is favoured by unions and opposed by the province's business lobbyists. Liberal Leader Stephen McNeil says there's no problem that requires such legislation, while Tory Leader Jamie Baillie said his caucus will use everything at their disposal to fight the bill.

The Liberals will meet today to decide whether or not they'll filibuster the legislation, thus delaying other items on the government's legislative agenda. The Tories, for their part, have committed to delaying the bill.

● ALEX BOUTILIER

## Arrests follow alleged kidnapping

Two Halifax-area men have been arrested in connection with the alleged kidnapping of a teen last week.

The RCMP say an 18-year-old from West Chezzetcook and a 21-year-old from Spryfield face charges of kidnapping, forcible confinement and aggravated assault.

THE CANADIAN PRESS

1  
news



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3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

In the wake of violence in Cairo's Tahrir Square, Defence Minister Peter MacKay calls on the world to join him in offering supportive words for democratic movements in the Middle East. Video at metronews.ca/canada

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# Police find new evidence in Amber Kirwan case

Police say they have found items related to Amber Kirwan's murder in a blue Hyundai Elantra seized earlier this month in relation to the homicide investigation.

Sgt. Brigdit Leger, media spokesperson for the RCMP, said over the weekend that items had been seized from the vehicle and were being sent for further analysis.

She refused to elaborate on what types of items were found or where they were



► Amber Kirwan

being sent for testing.

The Elantra was seized in the Caribou River area on

Nov. 10. The investigation into the vehicle is now complete, and the car has been released, she said.

Kirwan, 19, was last seen alive as she left Doody's in New Glasgow on Oct. 9. She was headed towards Big Al's to meet her boyfriend, but never arrived. After a massive search, her body was found in a wooded area of Heathbell on Nov. 5.

No arrests have been made in Kirwan's murder. **NEW GLASGOW NEWS**

## Bedford. Parade



► Santa Claus makes an appearance in front of hundreds last night at the Bedford Christmas Parade. Santa will be back in town next Sunday for the Spryfield Santa Claus Parade.

RYAN TAPLIN/METRO

## Santa making the parade rounds

# Man charged with attempted murder

► Police investigating whether alcohol and drugs were factors in incident ► Accused to appear in court today



**HEATHER GILLIS**

HALIFAX@METRONEWS.CA

## Charges

► A 52-year-old Halifax man is charged with two counts of attempted murder, two counts of aggravated assault, two counts of uttering threats to cause bodily harm and possession of a weapon dangerous to the public peace.

A Halifax man is facing several charges, including two counts of attempted murder, relating to what police say was a domestic disturbance in Armdale over the weekend, with one of the female victims suffering life-threatening injuries.

Halifax Regional Police allege the 52-year-old man stabbed his wife after a domestic dispute in a residence in the 100 block of Herring Cove Road on Saturday just after noon.

A relative of the wife, who lives in the same building, tried to intervene and was also stabbed by the man, police say.

A male family member then tried to get involved,

according to police, and the suspect chased his injured wife and the male family member down Herring Cove Road.

Police say the suspect had a weapon with him while chasing the two down the street.

Police spokeswoman Theresa Rath said both female victims were transported to hospital by EHS when officers arrived.

The suspect's wife is being treated for life-threatening injuries; the female relative is being treated for non-life-threatening injuries, Rath said.

## Indecent exposure not on menu

A man in his 20s is charged with indecent exposure after police say he exposed himself while a female employee was taking his order at a restaurant on Blowers Street early yesterday morning. It's the sixth incident of indecent expo-

sure in Halifax in the past week, and the third since Friday.

Around 8:45 p.m. on Friday, a 48-year-old man was arrested on Dresden Row and Queen Street for exposing himself to people who were in nearby restaurants. At 10 a.m. on Friday, police say a 22-year-old woman was walking on Bayers Road at Connaught Avenue when a man who was walking toward her exposed himself through the open zipper of his jeans. ● **METRO**

## Store robbed at gunpoint

Police say a store in Dartmouth Crossing was robbed at gunpoint on Saturday night. Halifax Regional Police say they were called to the Tanjay-Alia clothing store at 90 Hector Gate regarding a man entering the store with a gun and demanding money. The suspect was given an undetermined amount of money then fled the scene. ● **METRO**



## SELECT COMMITTEE

On Establishing an Electoral Boundaries Commission

An all-party select committee of the Nova Scotia legislature is seeking public input on the terms of reference for a commission which will review the province's electoral boundaries.

The select committee does not determine the redistribution of electoral boundaries. The committee is seeking views on the following:

- 1) the composition of an independent Electoral Boundaries Commission; and
- 2) the terms of reference for the commission.

The select committee will hold public meetings at the following locations from 3 p.m. to 4:30 p.m. and from 7 p.m. to 8:30 p.m.

### TRURO

TUESDAY, NOVEMBER 22  
Best Western Plus Glengarry  
150 Willow Street, Truro

### YARMOUTH

TUESDAY, NOVEMBER 29  
Rodd Grand Yarmouth  
417 Main Street, Yarmouth

### PORT HAWKESBURY

WEDNESDAY, NOVEMBER 23  
Port Hawkesbury Civic Centre  
606 Reeves Street, Port Hawkesbury

### HALIFAX

THURSDAY, DECEMBER 1  
Province House  
1726 Hollis Street, Halifax

### SYDNEY

THURSDAY, NOVEMBER 24  
Delta Sydney  
300 Esplanade, Sydney

Individuals and organizations wishing to present views to the committee are invited to attend a public meeting in their area. Please advise the committee in advance by calling toll-free 1-888-388-6489. Nova Scotians may also express their views on the same toll-free line. Please contact the committee in advance to discuss any special needs. French interpretation services will be provided.

Written submissions can be presented in person at a public meeting or by any of the following options:

### MAIL TO:

Select Committee on Establishing an Electoral Boundaries Commission  
c/o Legislative Committees Office  
3rd Floor, Dennis Building  
1740 Granville Street  
P.O. Box 2630, Station M  
Halifax, N.S. B3J 3P7

### FAX:

1-902-424-0513

### E-mail:

legcomm@gov.ns.ca

### INTERNET:

[http://nslegislature.ca/select\\_committee\\_etc2011](http://nslegislature.ca/select_committee_etc2011)

All submissions should be filed with the committee no later than Friday, December 2, 2011.

Please be advised that all submissions (i.e., e-mails, presentations and other papers) forwarded to the Select Committee on Establishing an Electoral Boundaries Commission, will be viewed as public documents, and therefore, will be available to the public and may become part of the final published report.

The Select Committee on Establishing an Electoral Boundaries Commission will report to the House of Assembly by December 31, 2011.

### Members of the select committee are:

Hon. Ross Landry, MLA, Chair, MLA for Pictou Centre  
Gary Ramey, MLA for Lunenburg West  
Michèle Raymond, MLA for Halifax Atlantic  
Leonard Preyra, MLA for Halifax Citadel-Sable Island  
Jim Boudreau, MLA for Guysborough-Sheet Harbour

Hon. Michel Samson, MLA for Richmond  
Andrew Younger, MLA for Dartmouth East  
Hon. Christopher d'Entremont, MLA for Argyle  
Keith Bain, MLA for Victoria-The Lakes





# ATTENTION

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**Heating:** Our standard heating package is very efficient but we will also be offering several other options including propane fireplaces and other combination packages that are state of the art and energy efficient.

**Our goal is to offer a quality development that caters to the needs of our maturing population that still wish to be active and remain in a community type environment.**

The proposal has gone before Community Council and will be put forth to Regional Council in the new year.



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# MMA reality show the ultimate experience

► Cubicle to the Cage to follow several prospective fighters as they learn the sport ► Range of ages, skill levels show up for tryouts yesterday



RYAN TAPLIN/METRO

► MMA hopefuls train for the Cubicle to the Cage reality show yesterday at the Titans MMA and Boxing Academy in Halifax.



ALEX BOUTILIER  
@METRONEWS.CA

Ashley Welsh might not be the first person that pops in your mind when you think of a mixed martial arts fighter.

But the slight 24-year old administrative assistant has a good enough reason to fight.

"(My grandfather) was a professional boxer in his 20s, and I'm in my 20s now," said Welsh.

"I was hoping that I could eventually compete

and have him in my corner for my first fight, but, unfortunately, he passed away this summer."

Welsh was one of about 50 hopeful fighters who tried out for Cubicle to the Cage, a new reality show being filmed in Halifax that tracks a number of contestants' training over a year.

The show, which will appear on the HD network Rad X, is being billed as a "life-changing journey" for men and women hoping to become professional mixed martial artists.

**"(Cubicle to the Cage) is going to transform them from an average, everyday Joe to a professional fighter. And not just a fighter, but a mixed martial arts fighter."**

PETER MARTELL

It's the brainchild of Boyd Sharpe and local club owner and mixed martial arts trainer Peter Martell.

Martell expected to take on about 30 proteges, half of whom he anticipates will only last a week or two. The remaining 15 will be culled as the year goes on, with the ultimate prize of a televised professional fight in the cage on the line.

Whatever the outcome, Welsh hopes the training will give what she needs to fight in her grandfather's memory.

"I'm hoping that I can continue that dream ... so I could fight for him in his honour."

# Woman's disappearance unusual: Kin

Police in Halifax are requesting the help of the public as they look for a young woman who was reported missing last week.

Melissa Dawn Peacock was last seen Nov. 7 at her home in Dartmouth.

Police say the 20-year-old has been known to go off on her own for a few days at a time, and there is no evidence to suggest foul play.

However, her friends and family say it is usual



► Melissa Dawn Peacock

## Vigil tonight

► A candlelight vigil walk for Melissa Dawn Peacock is taking place tonight starting at 6:30 p.m.

► The walk will begin at the Dartmouth side of the Macdonald Bridge, then cross over to the Halifax side.

for her to refrain from contacting her family for such a long period of time.

Peacock is described as a black woman with very light skin.

She is five-foot-one, 105 pounds and has brown, curly hair and hazel eyes.

THE CANADIAN PRESS

## ANIMALS

# SPCA may take over shelter

The provincial SPCA has issued a demand letter to its Cape Breton branch requesting the care and control of the local facility be handed over to provincial staff.

Kristin Williams, executive director of the Nova Scotia SPCA, said if the local branch does not

comply, other action will be considered.

The provincial board of directors voted last Monday to dissolve the local board of directors and fire manager Patsy Rose.

Mel Neville, chairman of the Cape Breton SPCA board, said a six-page audit of the shelter contains a lot of "untruths and half-truths."

When asked about the letter, Neville said the local SPCA board has consulted its lawyers and is not going anywhere.

CAPE BRETON POST

# Driver airlifted after crash

A 53-year-old Sydney man suffered life-threatening injuries following a single-vehicle crash early yesterday morning.

Cape Breton Regional Police responded to the accident on Lingan Road at about 12:48 a.m. The man was taken to the Cape Breton Regional Hospital by ambulance, and later airlifted to Halifax.

Police are still investigating the cause of the crash but don't believe alcohol played a factor.

CAPE BRETON POST

# Gas station robbed

Police say two men, one armed with a handgun, held up the Ultramar gas station on Pleasant Street in Dartmouth early Saturday morning.

The clerk, according to police, saw two males sporting black puffy jackets with their hoods over their faces enter the store and demand cash from the register.

After getting money, the two fled the scene on foot.

There were no injuries and police have made no arrests.

● METRO

# Blueberry crop on the decline, study shows

A study by the Department of Agriculture indicates blueberry yields in the past three years have declined substantially in Nova Scotia.

The department says a study is required to understand why the decrease is occurring.

The Wild Blueberry Producers Association of

Nova Scotia's Peter Rideout indicates production has declined in the province from 15 million kilograms in 2009 to 13 million last year to 12.7 million in 2011.

During the association's annual general meeting in Truro on Saturday, Rideout said the

**2.3M**  
The decline in blueberry production in kilograms from 2009 to 2011.

cause of the decline is unclear and the department intends to look at what's

happening in Quebec and New Brunswick, where yields are up.

He added demand for wild blueberries remains strong but that means countries in other parts of the world have started to get more involved with blueberry production.

TRURO DAILY NEWS



## News in brief

CONTRIBUTED



▶ Jim Cuddy

## Tickets still up for grabs

**CONCERT.** Tickets still remain for both shows as the Jim Cuddy Band is performing in Halifax tomorrow and Wednesday night at the Rebecca Cohn Auditorium.

Showtime is 8 p.m., with tickets costing \$54 and \$49.50.

Cuddy, the lead singer of Blue Rodeo, is touring in support of his solo release Skyscraper Soul.

● METRO

## Crash kills man

**FATALITY.** A 19-year-old

man is dead after a single-vehicle accident in Saulnierville.

The RCMP said the accident occurred at about 11:15 p.m. Saturday on Highway 1. The victim from Windsor Junction was the lone occupant of the vehicle.

THE CANADIAN PRESS

## Cops confirm murder-suicide

**CRIME.** Police investigating a pair of suspicious deaths in Prince Edward Island say the man and woman died in a murder-suicide.

Maureen MacDonnell, 36, was found dead last Sunday in a vehicle parked on the shoulder of Highway 2 in New Annan.

Richard Scott MacLean, 47, was behind the wheel. He died later in hospital.

The investigation has confirmed MacLean stabbed MacDonnell before turning the knife on himself.

THE CANADIAN PRESS

## Top brass gets share of blame

MIKE DEMBECK/THE CANADIAN PRESS



▶ Former army reservist Matthew Wilcox from Glace Bay leaves a military courtroom last week in Halifax after being found guilty of two charges in the 2007 death of Cpl. Kevin Megeney.

## ▶ Matthew Wilcox will begin serving time at the Springhill Institution

A military judge says officers in the Canadian military were partly to blame for lax firearms safety in Afghanistan as he sentenced a former Nova Scotia reservist Friday to four years in jail for fatally shooting a fellow soldier.

Lt.-Col. Louis-Vincent d'Auteuil said Matthew Wilcox was well trained and "should have known better" than to point a loaded pistol at his best friend, Cpl. Kevin Megeney, on March 6, 2007.

But d'Auteuil also said senior Kandahar Airfield officers hadn't done enough to crack down on improper handling of firearms before and during the deployment of Wilcox's unit.

"No discipline was imposed other than warning soldiers," the judge said, referring to incidents where soldiers would fail to un-

load the magazines from their pistols after leaving a shooting range on the base.

"All combined brought an atmosphere ... where a human being forgot to unload his weapon, pointed and fired at somebody and killed somebody. He is responsible, but the Canadian Forces must be blamed for not having the proper leadership in the circumstances."

The judge convicted the Glace Bay man earlier last week of criminal negligence causing death and negligent performance of a military duty in the death of Megeney, a reservist from Stellarton.

It was Wilcox's second conviction. An earlier verdict was set aside last year after his lawyers argued the military jury wasn't properly balanced.

THE CANADIAN PRESS

## \$18M pledged for new school

The province is committing \$18 million for a new P-8 school to be constructed in New Glasgow.

Justice Minister Ross Landry made the announcement at New Glasgow Junior High School Friday afternoon, on behalf of Education Minister Ramona Jen-nex.

The new school will house primary to Grade 8, replacing aging Temperance Street Elementary, Acadia Street Elementary and New Glasgow Junior High School.

Landry said if there are any unforeseen costs they will be addressed at the time.

"I think there is always room to allow the community, should they wish to put additional funds forward, to add to the building. That door will be open."

Landry said the site of the new school would be determined in the coming months. **NEW GLASGOW NEWS**

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# Pepper-spray use investigated

► Twitter, Facebook comments criticize police action

THOMAS K. FOWLER/THE ASSOCIATED PRESS

Two University of California, Davis police officers involved in pepper spraying seated protesters are being placed on administrative leave as the chancellor of the school accelerates the investigation into the incident.

UC Davis Chancellor Linda Katehi yesterday said she has been inundated with reaction over the incident, in which an officer dispassionately fires pepper spray on a line of sitting demonstrators.

Video of the incident was circulated widely on YouTube, Facebook and Twitter, and the university's faculty association called on Katehi to resign, saying there had been a "gross failure of leadership."

Katehi said she takes "full responsibility for the incident" but has resisted calls for her resignation,



► In this image made from video, a police officer uses pepper spray as he walks down a line of Occupy demonstrators sitting on the ground at the University of California, Davis on Friday.

instead pledging to take actions to make sure "that this does not happen again."

The incident reverberated well beyond the university, with condemnations and defences of police from elected officials and from the wider public on Facebook and Twitter.

"On its face, this is an outrageous action for po-

lice to methodically pepper spray passive demonstrators who were exercising their right to peacefully protest at UC Davis," said Darrell Steinberg, California Senate president Pro Tem, in a statement.

THE ASSOCIATED PRESS



View the video online at [metronews.ca](http://metronews.ca).

## Some protesters still Occupy full-time jobs



SHELLEY WILLIAMSON  
IN EDMONTON

Occupy Edmonton wants to clear up a misconception.

Of the core group of regular campers at Jasper Avenue and 102 Street site, five or six are full-time students and another five leave daily for full-time jobs, said a spokesperson.

"I am in my last year of political science and then plan to go to law school," said Mahad Mohamed, 23.

One member juggling Occupy camp duties and working full-time is Brooke B., a former West-in chef who now waits tables at night.

She's also a mom of two and hung up her chef's jacket — and its 60-hour work weeks — to raise her kids, aged nine and a year-and-a-half. She

► Brooke B. and her dog, Bill, warm up in an Occupy Edmonton tent between shifts.



also pays taxes. Brooke said she was bothered by comments posted online in response to a news story recently, saying the protesters should all get jobs. "It's a logical fallacy," said Brooke. "But it's frustrating.... We're here holding this ground so we can get this message to more

people."

She stays full-time at the camp, with her partner and kids, since they winterized.

"I've always felt that there were gross inadequacies in our society. This movement just resonated. It's time," said Brooke.

## Need help keeping warm this winter?

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[www.homeheatinghelp.ca](http://www.homeheatinghelp.ca)

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# Cement used to renovate buttocks

👉 Suspect was posing as a doctor 👉 Also performed procedure on herself, and may have victimized others

A U.S. woman who wanted to work at a nightclub started searching for someone who could perform plastic surgery at a cheap price to give her a curvier body. Police say what she found was a woman posing as a doctor who filled her buttocks with cement, mineral oil and flat-tire sealant.

The suspect, Oneal Ron Morris, 30 — who police say was born a man and identifies as a woman — was arrested Friday after a year on the lam and has been charged with practising medicine without a licence with serious bodily injury.

Police photos show Mor-

ris as a small-framed woman with bee-stung pouty lips, arched eyebrows, oversized hoop earrings — and a large backside. She was released from jail on bond. A phone listing for Morris could not be found, and it's unclear if she has an attorney.

Miami Gardens Police Sgt. Bill Bamford said yesterday that Morris bounced from house to house for a year, driving a black Mercedes and staying out of investigators' sight "like a ghost."

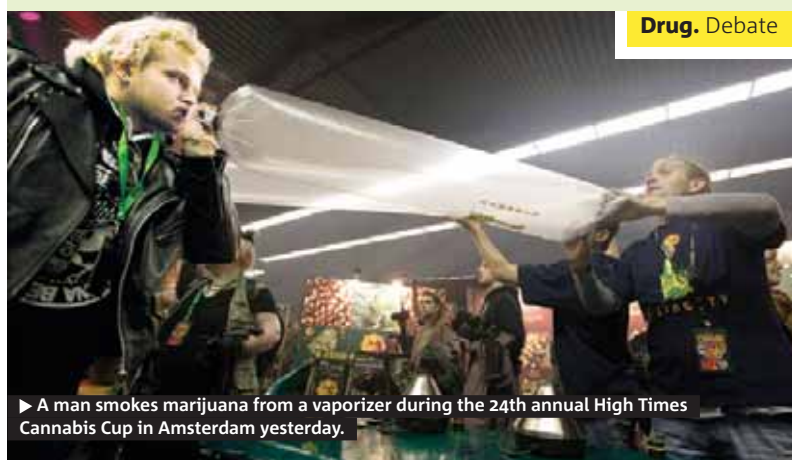
An officer drove by one of those possible houses nearly every day on his way

to work and saw the car outside on Friday, and he arrested Morris soon after.

The victim, who is not being named due to medical privacy laws, paid \$700 for a series of injections in May 2010. She was referred to Morris by a friend.

Bamford said the victim was reluctant to come forward. She quickly went to two South Florida hospitals due to severe abdominal pain and infected sores on her buttocks accompanied by flu-like symptoms. But she left each time, too embarrassed to tell doctors what she'd done.

THE ASSOCIATED PRESS



► A man smokes marijuana from a vaporizer during the 24th annual High Times Cannabis Cup in Amsterdam yesterday.

## Drug. Debate

## Holland's high times could be over

People who buy a judge's pass for the festival can vote in the annual competition electing the best marijuana. People from around the world come to participate in the festival, although the festival's days could soon be numbered. The Netherlands, long known for its liberal drug policies, is changing course as right-wing political leaders try to ban tourists from buying marijuana in coffee shops.

# Police scout for Hells Angels

Residents of a London, Ont., street were "concerned and uneasy" yesterday after police targeted the neighbourhood for what's believed to be a new Hells Angels foothold in the city.

Police were stopping all cars on the street on Saturday as part of the investigation, a resident

said. The “spot check” was designed to identify “Ontario Motorcycle Gang members and to check the safety of their motor vehicles,” police said in a statement.

The statement did not indicate what led to the police action.

Neighbours said the motorcycle club has occu-

pied a house on the street for about six weeks. There have been no signs of criminal activity, but the Outlaws — another motorcycle club — are believed to have a clubhouse four blocks east.

Some neighbours say they're worried about a possible turf war.

**METRO**



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# Egyptian protesters battle police, soldiers

► People fear stalwarts of Mubarak's party could win seats in elections  
► Concern over plan to shield military from any civilian oversight

TARA TODRAS/WHITEHILL/THE ASSOCIATED PRESS



► A protester gestures during clashes with Egyptian riot police, not seen, near the interior ministry in Cairo yesterday.

KHALIL HAMRA/THE ASSOCIATED PRESS

Egyptian soldiers and police set fire to protest tents in Cairo's Tahrir Square and fired tear gas and rubber bullets in a major assault yesterday to drive out thousands demanding that the military rulers quickly transfer power to a civilian government. At least 11 protesters were killed and hundreds were injured.

It was the second day of clashes marking a sharp escalation of tensions on Egypt's streets a week before the first elections since the ouster of longtime authoritarian leader Hosni Mubarak in February. The military took over the country, promising a swift transition to civilian rule. But the pro-democracy protesters who led the uprising have grown increasingly angry with the ruling generals, and suspect they are trying to cling to power even after an elected parliament is seated and a new president is voted in.

Street battles continued throughout the day and long into the night,



► Riot police throw stones at protesters. Violence resumed yesterday after police fired tear gas and rubber bullets to try and clear about 5,000 protesters at Tahrir Square.

spreading to side streets and sending a wave of injuries to makeshift clinics on the streets.

The military-backed Cabinet said in a statement that elections set to begin on Nov. 28 would take place on time and thanked the police for their "restraint," language that is likely to enrage the protesters even more.

"We're not going anywhere," protester Mohammed Radwan said after security forces tried unsuccessfully to push the crowds out of Tahrir, the

**"We have a single demand: The marshal must step down and be replaced by a civilian council."**

AHMED HANI, PROTESTER

epicenter of the uprising. "The mood is good now and people are chanting again," he added after many of the demonstrators returned.

The two days of clashes were some of the worst since the uprising ended on Feb. 11.

They were also one of only a few violent confrontations to involve the police since the uprising. The black-clad police were a hated symbol of Mubarak's regime and after the uprising, they have largely stayed in the background while the military took charge of security.

The military, which took over from Mubarak, has repeatedly pledged to hand power to an elected civilian government, but has yet to set a specific date. The protests over the past two days have demanded a specific date be set.

According to one timetable floated by the army, the handover will happen after presidential elections late next year or early in 2013. The protesters say this is too long and accuse the military of dragging its feet. They want a handover immediately after the end of the staggered parliamentary elections, which begin on Nov. 28 and end in March.

THE ASSOCIATED PRESS

## Libya to try Gadhafi's son Seif at home

MICHAEL KAPPELER, DAPD/THE ASSOCIATED PRESS FILE



► Seif al-Islam Gadhafi

Libya's new leaders said Sunday they will try Moammar Gadhafi's son at home and not hand him over to the International Criminal Court where he's charged with crimes against humanity. The government also announced the capture of the toppled regime's intelligence minister, who is also wanted by the court.

However, the former rebel faction that captured Seif al-Islam Gadhafi a day earlier is refusing to deliver him to national authorities in Tripoli, raising concern over whether he will get a proper trial and

demonstrating the interim leaders' weak hold over their fractured nation.

In the capital, Information Minister Mahmoud Shammam said ex-intelligence minister Abdullah al-Senoussi was captured yesterday by revolutionary fighters. **THE ASSOCIATED PRESS**

NEW YORK

## Suspected bomb plotter arrested

Mayor Michael Bloomberg yesterday said an "al-Qaida sympathizer" who allegedly plotted to bomb police and post offices in New York City as well as U.S. troops returning home has been arrested on numerous terrorism-related charges.

Bloomberg announced

at a news conference the Saturday arrest of 27-year-old Jose Pimentel of Manhattan, a U.S. citizen originally from the Dominican Republic.

The mayor said Pimentel was "plotting to bomb police patrol cars and also postal facilities as well as targeted members of our armed services returning from abroad." But authorities have no evidence that Pimentel was working with anyone else, the mayor said.

"He appears to be a total lone wolf," Bloomberg said.

THE ASSOCIATED PRESS

## Tehran bans pro-reform newspaper

Iran's official news agency says that authorities have banned the pro-reform Etemaad daily for two months on the charges of insulting officials and "spreading lies".

The paper had run an interview with the press adviser to President Mahmoud Ahmadinejad, Ali Akbar Javanfekr, on Saturday.

Javanfekr criticized conservative opponents of Ahmadinejad for the arrest of dozens of the president's allies over the past months.

THE ASSOCIATED PRESS

## Iran leader's advisor imprisoned

The Iranian president's press adviser has been sentenced to a year in prison on charges of "publishing materials contrary to Islamic norms," the official IRNA news agency reported Saturday.

Ali Akbar Javanfekr has also been banned from journalism activities for three years, IRNA said.

Javanfekr is just the latest of dozens of President Mahmoud Ahmadinejad's political backers to be targeted by hard-line opponents. This appears to be part of an internal power struggle. **THE ASSOCIATED PRESS**



60 seconds

▶ David Chilton, author of *The Wealthy Barber Returns*, at the Pan Pacific in Vancouver yesterday.



## THE WEALTHY BARBER RETURNS

**'A LOT OF THE MOST SUCCESSFUL INVESTORS THAT I RUN ACROSS DON'T PAY ANY ATTENTION'**



JEFF HODSON  
@METRONWS.CA  
METRO CANADA IN VANCOUVER

David Chilton, author of *The Wealthy Barber*, which sold a whopping two million copies in Canada,

chatted with Metro about his new book, *The Wealthy Barber Returns*.

Why did you decide to write a second book? It was frustration. We've gone backwards in the last five to 10 years.

We're starting to spend more than ever and save less.

**How is it different?**

It's dated now at 22 years, but for the most part *The Wealthy Barber* was conventional wisdom, repackaged in a format that made it more accessible. This book is more my opinions and my observations. ... This isn't about the numbers, most of the mistakes that people make are because they're sabotaging their own situations through psychological breakdowns.

**What advice do you give?**

We can't continue to pay two and three per cent to mutual-fund-management companies. They have the right to be profitable, but they're too profitable in Canada. ... You're not looking for anything for free, but it has to be at a more reasonable level. The second piece of advice is to put up with the volatility. You can't keep jumping in and out of the markets. ... Inevitably you're going to jump in and out of the mar-

kets at the wrong time. ... A lot of the most successful investors that I run across don't pay any attention.

**What was most challenging about writing the book?**

On stage when you use humour, you can use intonation and facial expressions. When you take that away and use only the printed page, it's way harder. Occasionally I would write something down I thought was funny. I would read it to someone on the phone and they'd think it was funny, but I'd have someone read it and they'd say, "I don't think it's funny."

**Why does the format work?**

Short chapters and a lot of humour. We've seen such a difference in the past 15 years in terms of people's attention spans. They're so trained to want things in short bursts. Long, text-heavy books don't work. When it comes to finance, where people are intimidated to begin with, if you throw 38 pages at them without a break they're never going to get through it.

**Tips from David**

- ▶ A relatively small cutback in your spending can dramatically increase saving.
- ▶ People who live within their means tend to be happier for the obvious reasons, but also because they are not consumed with consumption.
- ▶ We tend to judge people not by their net worth, but by the amount of their material possessions.
- ▶ Free flights earned through excessive loyalty credit card use are akin to the "free" hotel rooms offered to heavy gamblers.
- ▶ Saying "I can't afford it" is not an admission of failure.
- ▶ Saving should come first and borrowing later. Many Canadians live it the other way round.
- ▶ Good savers have areas of indulgence, but know that high spending in one area requires discipline in others.
- ▶ Stick to a balanced, diversified financial portfolio and focus on the long-term.

## No next term for Italian PM?

Silvio Berlusconi revealed yesterday that his party had asked new Prime Minister Mario Monti not to run for office beyond his present term as part of negotiations to secure crucial support from parliament's largest force. Berlusconi said his party would decide on support for Monti measure by measure.

THE ASSOCIATED PRESS

## Market moment

TSX	Dollar
- 23.0 (11,892.44)	+ 0.10¢ (97.35¢ US)
Oil	Natural gas
- \$1.41 US (\$97.41 US)	\$3.3160 (- 9.4¢)
	Gold
	\$1,725.10 (+ \$4.90)

# Cheese, please? Then get ready to pay for it

▶ Last week, a block of old cheddar was \$3.58 in Washington, \$4.85 in London, and \$6.99 in Montreal

Canadian cheese lovers, Marianne Renaut feels your pain.

The Belgian-born Quebecer is shocked by the high price of Canadian dairy, and grocery store trips rekindle a longing for the bargains available in Europe.

So what's the story with Canadian grocery prices? It begins with supply management.

The system is a hidden, ubiquitous part of everyday life. It affects the market for Canadian milk, cheese, yogurt, chicken and eggs — which can be vastly more expensive here than in the U.S., with the gap widening, according to the OECD.

A staple of the rural economy, it's now the subject of a heated debate, amid international free-trade talks and growing

doubt about its future.

The decades-old system was designed to protect Canadian farmers from volatile market fluctuations with made-in-Canada minimum prices. It also imposes tariff controls on foreign competition and sets quotas for domestic producers.

Critics say it artificially drives up prices at the cash register and limits innovation. Farmers, meanwhile, argue that it preserves their way of life and cross-border price comparisons only tell part of the story.

News last week that the federal government might face pressure to abandon it during negotiations for a trans-Pacific trade zone created political sparring. But the protectionist system appears secure, at least in the short term. **THE CANADIAN PRESS**



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# A 'ROCKY' LESSON IN N.S. HISTORY

## URBAN COMPASS

STEPHEN KIMBER  
METRO HALIFAX



I wanted to ask Rocky Jones about his Wednesday lecture titled *The Struggle for Human Rights in African Nova Scotian Communities, 1961-2011*. No problem.

When?

Not today. He was a panellist at a national conference on public policy. On Saturday, he was in Truro, keynote speaker at an International Year for People of African Descent symposium. Then to Ottawa for the Canadian Broadcast Standards Council (he's on the private broadcast industry's regional panel). And back to Halifax to prepare the inaugural talk in Dalhousie University's James Robinson Johnston Distinguished Lecture Series.

I thought you'd retired.

He laughs.

No one is better positioned to speak about the struggle for human rights in Nova Scotia over the past 50 years — and the next 50 — than Burnley (Rocky) Jones. He's central to that struggle.

**Rocky Jones' lecture takes place on Wednesday at 7:15 p.m. in the Potter Family Auditorium, Kenneth Rowe Management Building at Dalhousie University. Admission is free.**

things never change) hired a racist city manager. This time, the good guys won.

In 1970, he helped launch Dalhousie University's unique Transition Year Program so local blacks and natives could succeed in university. Later, he developed innovative employment programs for ex-inmates, ran unsuccessfully for political office and launched a massive oral history project to record the stories of black elders.

After graduating from Dalhousie's then-new indigenous black and Mi'kmaq law program in 1992, he became one of Nova Scotia's preeminent civil-rights lawyers, arguing cases all the way to the Supreme Court.

He was in the news again recently, lobbying successfully against the appointment of a white outsider to head the Africville Heritage Society.

Unsurprisingly, he has opinions on the current state — and future direction — of our province's human-rights movement.

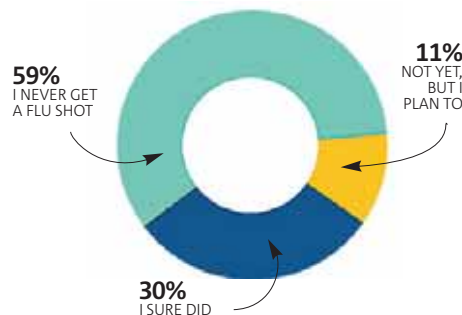
"But you'll have to come to the speech for those," he says.

I will.



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Have you received a flu shot this year?



## Worth Mentioning

### ANOTHER CANADIAN CLICHÉ PUT TO REST.

A survey conducted for Environment Canada suggests not all Canadians are actually obsessed with the weather.

Only 70 per cent said they're very likely to check the forecast on a typical day and only 63 per cent said the forecast is important to them.

And while 79 per cent of Canadians thought it's important that meteorologists be right about how much it's going to snow, that was down five percentage points from 2002.

"Most Canadians ... feel that the weather information they receive provides enough information to make decisions or plans," the study says.

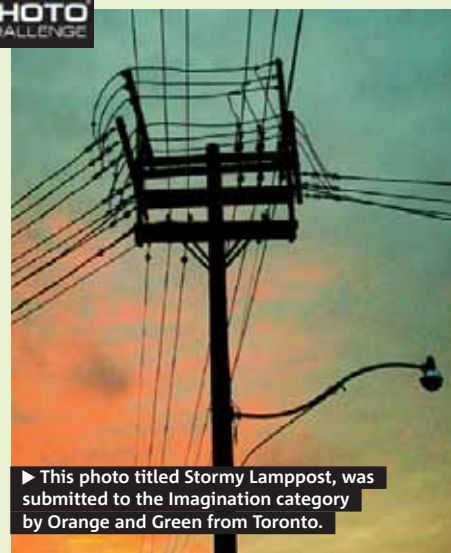
The survey suggests a growing number of Canadians are getting weather information off the Internet, but TV and radio remain the first and second choices for respondents, with weather-specific channels topping the list.

When it comes to warnings, most Canadians get that information from local radio, the study says.

THE CANADIAN PRESS



## photo of the day



► This photo titled *Stormy Lamppost*, was submitted to the *Imagination* category by Orange and Green from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at [metrophotochallenge.com](http://metrophotochallenge.com). The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

### WEIRD NEWS

## Caribou play peekaboo

A vast herd of northern caribou that scientists feared had vanished from the face of the Earth has been found, safe and sound — pretty much where aboriginal elders said it would be all along.

"The Beverly herd has not disappeared," said John Nagy, lead author of a recently published study that has biologists across the North relieved.

Those scientists were shaken by a 2009 survey on the traditional calving

grounds of the Beverly herd. A herd that once numbered 276,000 animals seemed to have completely disappeared, the most dramatic and chilling example of a general decline in barren-ground caribou.

But Nagy's research — and consultation with the communities that live with the animals — concludes differently.

It turns out that the Beverly herd has simply shifted its calving grounds. Nunavut government biologist Mitch Campbell said a survey suggests Beverly numbers remain healthy.

While scientists are excited, aboriginal elders are more likely to shrug.

Next time scientists should pay them a little more mind, Campbell said. **THE CANADIAN PRESS**



# Statler and Waldorf have their say

► The Muppets' curmudgeonly critics give their opinion of the latest movie from Kermit and his crew ► The review might not be accurate — Statler kept his eyes closed for most of the film



The return of The Muppets wouldn't be complete without their constant critics, those perpetual balcony fixtures Statler and Waldorf who've been hurling insults at Kermit the Frog and his gang since the beginning. The venerable old codgers weren't doing a lot of press for The Muppets, but they did agree to speak with Metro — but that didn't mean we could get a straight answer out of them.

**Have you seen the new movie The Muppets yet? And if so, what do you think of it?**

**Statler:** I loved the movie. Amy Adams is beautiful and funny. Jason Segel is hilarious. Chris Cooper makes a great bad guy. And the star cameos are amazing!

**Waldorf:**

Yeah, but what about The Muppets?

**Statler:** I closed my eyes during those parts.

**Waldorf:** But The Muppets are in most of the movie. You kept your eyes closed for most of the movie?

**Statler:** Sure. That's why I liked it so much.

**Is there anything special you'd like to say to our readers in Latin America?**

**Statler:** Buenos dias! Mi casa su casa!

**Waldorf:** You old fool, you just invited Brazil, Colombia and Chile over to your house.

**Statler:** Oh... in that case, "His casa is su casa!"

**Waldorf:** Can I answer the question now?

**Statler:** Stranger things have happened.

**Waldorf:** Well, I just want to say to our friends in Latin America: See The Muppets.

Cause there's nothing like great entertainment...

**Statler:** Yeah, and The Muppets are nothing like great entertainment.

**What are you looking forward to in 2012?**

**Statler:** The end of the Mayan Calendar.

**Waldorf:** Yeah, we were there when they first made it; we want to see how it ends.

**Statler:** We're also looking forward to changing our socks.

**Waldorf:** Gee, you're right. It's an even number year. Time sure flies...

**Statler:** Oh, and we're looking forward to waking up each day and not seeing our names in the obits.

**Waldorf:** Yeah, when you're as old as us, "Today is the first day of what's left of your life."

**And finally, do you have any tips for our readers on how to celebrate the holidays this year?**

**Statler:** Spend the holidays with The Muppets

**Waldorf:** Yeah! And keep 'em away from us!

**S&W:** Ho Ho Ho!

## Scene in brief



The Twilight Saga has staked out another huge opening with a \$139.5 million in its first weekend domestically. The domestic total gives The Twilight Saga: Breaking Dawn - Part 1, the second-best debut weekend for the franchise. Happy Feet 2 stumbled in its debut, pulling in just \$22 million over opening weekend. Immortals fell to third-place with \$12.3 million.

THE ASSOCIATED PRESS



Tony Award-winning actress Christine Ebersole cast in TBS comedy pilot Sullivan and Son.

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# White, Dern hoping to Enlighten viewers

► Series gains fan base ► Waiting on word if renewed for another season



It's ironic but the personal meltdown that accompanied the cancellation of Mike White's last series, *Cracking Up*, led the writer and actor to his latest acclaimed TV show.

"I had TV experiences that have been really painful in that you kill yourself and then they bury the show," said the *School of Rock* writer/star recently about returning to television with *Enlightened*.

"Sometimes the hardest part is going back to real

**"They're in it for a different endgame than other places and because their endgame is different, the whole process is different, the product is different and for someone like me, you couldn't ask for anything more."**

MIKE WHITE ON HBO

life and try to put these idealistic notions into practice and I think that's sort of the spirit of what the show is."

Co-created with Laura Dern, the HBO series examines a woman who returns to her corporate lifestyle with a new-age

lease on life after having a very public breakdown at the office.

Like many of White's more independent films (such as *Chuck & Buck*), the comedy has a melancholic subtlety.

"Because the character isn't an every-person, you kind of have to decide to follow her," said White.

"The cool part of TV is that you can continue to unfold a story and show a character in all of its dimensions and I think that hopefully the quality of the show will keep people coming back to it."

*Enlightened* has been steadily gaining fans and as White waits to hear whether the series (which airs Mondays on HBO

## Resumé

A few Mike White projects:

- *Nacho Libre*: Writer (2006)
- *School of Rock*: Writer/actor (2005)
- *Orange County*: Writer/actor (2002)
- *Chuck & Buck*: Writer/actor (2000)
- *Dawson's Creek*: Writer (1998-99)

Canada) will be renewed for another season, he remains unsure of whether another meltdown is also on the horizon.

"(I'm) facing it with a mixture of anticipation, excitement and kind of dread because it's a lot of work," laughed White.

"At the same time, there's something about this character that I relate to and in a way I think this first season is all set up ... the story of someone going up against a company and trying to change it from within can really get juicy."

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# Is Moore into women?

► Sources say Ashton and Demi had an 'open marriage' for years

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONEWS.CA



Ashton Kutcher's alleged infidelity may have been the last straw in his marriage to Demi Moore, but sources tell Star magazine that the pair's rumoured "open marriage" had been a strain for years.

"Everyone in Hollywood knows about their arrangement, but they've managed to keep it a secret from the general public," a source claims.

"Demi is attracted to women just as much as men, so she didn't always get all she needed from Ashton. She was cool with Ashton having flirtatious



► Back when they were a Hollywood power couple: Ashton Kutcher and Demi Moore.

relationships, too.

Somehow they made it work all these years. Both of them were respectful of each other. It was a lot of fun for them."

But Kutcher's pair of cheating scandals, includ-

ing his reported tryst with a young woman during his and Kutcher's sixth anniversary, were apparently too much for Moore, who filed for divorce late last week.

What PR person leaked

that crazy information?

Because, yeah, everyone knows so many marriages are broken up because the wife is hot, likes threesomes and is "cool" with outside arrangements.

What horror that must have been for Kutcher! How he survived, I have no idea.

**"Demi is attracted to women just as much as men, so she didn't always get all she needed from Ashton. She was cool with Ashton having flirtatious relationships, too."**

SOURCE



## Rihanna not in love with the single life

Rihanna says she's currently single — and not loving it.

"I'm not dating anyone right now. I'm not dating at all," she tells Ellen DeGeneres.

"I'm not necessarily happy being single. It's not really that cool."

But if she were to start dating someone, she'd

need him to take charge, she admits.

"You know, I can't really be the man for you. I don't want to have to be," Rihanna says.

"I'm the man at work all the time. I do put a lot into my job. Most of my time, if not all of it. It definitely affects my personal life." ● METRO

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3  
life

# Kids fix the world

► A class of first graders put their heads together to come up with cute fixes for a few global crises

## On ending war

*We're in two wars!*  
— Marlena

*I know why they keep on fighting — because other people want more money.*  
— Isaac

*We need to say we don't want this war to happen anymore. We want it to stop.*  
— Marlena

**They would just ignore us and keep shooting the guns. I really like war. I want to be in the army.**  
— Miles



► Miles

STEVE MEYER/METRO WORLD NEWS

## Disaster relief



► Rowan

**If I was in a tsunami, I would get my boat.**

— Rowan

*And you could give them money and make sure they got enough food...and sleep.*

— Marlena

*And had the right medicines.*

— Ella

*I would jump into the water to save people.*

— Rowan

*Oh, that would be a bad idea!* — Ma-Sadio

## On unemployment

*If someone didn't have a job, I would tell them that they could come and work for me. They could bake me something.*

— Akasha

*I would give them money, so that they could buy a job.*

— Marlena

**I'd give away my mom's or dad's job.**

— Lucy

*People who don't have jobs can help the people who do have jobs.*

— Nakamae

**My daddy doesn't really have a job but he takes care of me and my sister.**

— Nakamae



► Lucy



► Nakamae

STEVE MEYER/METRO WORLD NEWS

## On Occupy Wall Street

**People are marching in the park because they clean stuff a lot and they're not making enough**

**money to get paid.**

— Ma-Sadio

*My daddy says it's the bankers' fault.*

— Ella



**RAVEN SNOOK**  
LIFE@METONEWS.CA  
METRO WORLD NEWS

*I want people to stop playing in the streets, and I want cops to stop arresting people.*

— Marlena

*I just want protesters to stop breaking stuff.*

— Isaac

*If I was poor and people gave money to me, and they were poor again, I would give them the same amount of money back so we could all*



► Ma-Sadio

*be middle class.* — Marlena

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# Fill up on chunky chowder

► This Italian-style Mushroom, Tomato & Corn Chowder may contain hearty ingredients, but it is actually low in fat ► Serve with a crusty roll

To spice things up a bit, increase the hot pepper flakes in this Mushroom, Tomato and Corn Chowder to 1/2 tsp (2 mL).

minutes. Add water and corn; bring to boil and cover.

2 Reduce the heat and simmer for about 5 minutes or until vegetables are tender. Stir in tomatoes, salt and pepper. Bring to a boil; reduce heat to a simmer for about 10 minutes or until hot. Stir in parsley if desired.

## Preparation:

1 In large saucepan heat oil over medium heat; Add mushrooms, leeks, potato, garlic, oregano, basil and hot pepper flakes; sauté for about 5

## Ingredients:

- 2 tbsp (25 mL) olive oil
- 1 lb (500g) sliced fresh mushrooms
- 2 cups (500 mL) chopped leeks (white part only) (about 1 large)
- 1 large potato, peeled and diced
- 2 cloves garlic, minced
- 1 tsp (5 mL) each dried

- oregano and basil
- 1/4 tsp (1 mL) hot pepper flakes
- 2 cups (500 mL) water
- 2 cups (500 mL) frozen or canned corn kernels
- 1 can (28oz/796mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/3 cup (75 mL) chopped parsley (optional)

## Rose Reisman's Swap It

Popular casual dining spots, such as Kelsey's and Boston Pizza, offer extensive menus. But if you're not careful, your lunch order could cost you in calories and sodium.

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► This recipe serves eight.

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# STAYING GREEN WHILE KEEPING THINGS CLEAN

What remedies do you suggest for cleaning the toilet? *Nancy of Winnipeg*

## QUEEN OF GREEN

LINDSAY COULTER  
GREEN@METRONEWS.CA



You must try my green cleaning recipe, called all-purpose powder. It's very easy to make — it only takes two ingredients.

In a container, combine a 50:50 mixture of borax and washing soda. Stir and then sprinkle into toilet, scrub and rinse.

This recipe works well with a white vinegar chaser, too.

Don't add vinegar to the powder.

Instead, after scrubbing, pour about half a cup of white vinegar in the toilet.

Let it sit to disinfect and deodorize before flushing.

Add borax and washing soda to your next grocery list — they're key ingredients in most of my favourite green cleaning recipes, available at [queenofgreen.ca](http://queenofgreen.ca).

Borax, or sodium borate, is a naturally occurring alkaline mineral salt.

It's effective because it disinfects, fights mould and mildew and whitens.

You can find a box, for about \$7, in the laundry

aisle of most grocery stores.

Most people will recognize the borax box from their grandmother's pantry.

Washing soda, or sodium carbonate, is more caustic and has a higher pH than its cousin, baking soda.

Fewer mainstream grocery chains carry washing soda, although Arm and Hammer distributes it.

If you can't find it at your local grocer in the laundry aisle, check out health food stores or organic grocers.

Borax and washing soda are found in a host of green cleaning recipes because they are versatile, affordable and eco-friendly.

But even things from nature can be harmful, so store borax and all green cleaning products safely away from children and

pets.

Finished products you make should also be clearly labelled.

And don't underestimate baking soda, which on its own lifts dirt, deodorizes and whitens. You can even substitute washing soda for baking soda in this recipe.



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# She's got success in the bag

Deck yourself in delight Jane Ip reminds that a smile is any entrepreneur's most important accessory

## TURNING POINT

TERESA KRUIZE  
LIFE@METRONews.ca



In Chinese, the words *Jeanne Lottie* mean true happiness.

And for more than 25 years, Jane Ip has been bringing joy to the millions of women who have bought her beautifully designed handbags and accessories.

She is proud of her success and honest when it comes to doing business in a challenging economy.

"You need discipline to get through the tough times, but if you have your health and mental ability, nothing can hinder you to go forward."

Jane was inspired by her father's entrepreneurial spirit and business acumen.

men. Every night at dinner she and her sister Charlotte would be schooled in the world of business ownership.

"He always told us to be patient. It's easy to open a business but it's hard to maintain.

Being an entrepreneur

### Jane's gems

Advice from the accessory queen:

- ▶ We all have talent, we just have to make it happen.
- ▶ It's really important that you surround yourself with positive people.
- ▶ Love what you do and be passionate about it.
- ▶ Do not be afraid.
- ▶ If you don't do it today you will regret it and say, What a waste.
- ▶ We have to give back because it's not about money. At the end of the day you have to feel good about what you have done.

is not for everybody. You have to know what you want and really pursue it."

As I look at Jane standing in the midst of the company she has built and nurtured,

I'm reminded of the Chinese meaning of Jeanne Lottie.

As I take her photo in

amongst the beauty of her creations I realize her smile says it all: true happiness.

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▶ Jane Ip, creator and designer of Jeanne Lottie handbags and accessories.

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## Quoted



**"We haven't made our final decisions as to where we are right now, but, you know, at this point, it's going to be tough for Nathan to come in and be part of this team — this year, anyway."**

CANADIAN WORLD JUNIOR HEAD SCOUT KEVIN PRENDERGAST, ON THE CHANCES OF HALIFAX MOOSEHEADS FORWARD NATHAN MACKINNON, PICTURED, MAKING THE TEAM NEXT MONTH. THE TEAM'S SELECTION CAMP ROSTER WILL BE ANNOUNCED ON NOV. 28.

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## Ryan's return gives Mooseheads boost



**MATTHEW WUEST**  
@METRONEWS.CA

The fresh legs of Andrew Ryan helped the Halifax Mooseheads earn a big road win over the Rimouski Oceanic yesterday.

The 17-year-old forward had a goal and an assist in just his second game of the season to help the Mooseheads to a 2-1 win, giving them four out of a possible

six points from a three-games-in-three-days road trip.

Ryan, who broke his ankle in August, returned on Saturday in a 6-1 loss to the nationally-fourth-ranked Quebec Remparts.

"He was great, the way he moved and the way he was winning battles," said Mooseheads head coach Dominique Ducharme. "With his hands, he can create a lot of things, he's



► Andrew Ryan

good at using that big body, and the way he skates with that big body is impressive. If he uses his tools the way

he did tonight, he's going to become a dangerous forward and help us a lot."

All of the scoring came in the first period. Ryan scored the game's opening goal just 47 seconds in and assisted on Konrad Abeltshauser's fourth of the year at the 8:27 mark. Alex Emond scored for the Oceanic at 16:44, but Mooseheads rookie goaltender Zach Fucale shut the door with 21 of his 31 saves

in the final two periods in his 11th consecutive start.

Defenceman Steve Gillard and right-winger Darcy Ashley weren't feeling well and didn't play. They'll be evaluated today.

The win pushes Halifax past Rimouski for seventh in the QMJHL at 15-7-2. The Mooseheads return to action at the Metro Centre on Thursday at 7 p.m. against the Cape Breton Screaming Eagles.

## Sid the Kid cleared for action

► Doctors give Pens superstar go-ahead to return to game action against Islanders tonight (CBC, 8 p.m.)

The great wait is finally over for Sidney Crosby.

Crosby, the NHL's biggest name but an idled star for more than 10 months due to a serious concussion, will return to the Pittsburgh Penguins' lineup tonight against the New York Islanders.

It was difficult yesterday to tell who was happier — Crosby, who finally returns to the sport he was dominating at this time a year ago, the first-place Penguins themselves, or the NHL's hierarchy, which has long awaited the comeback of its marquee talent.

"He's excited. He's anxious. He's been wanting to play hockey for a long time," Penguins coach Dan Bylsma said after talking with Crosby, who was cleared yesterday to play by his doctors. "Now that he is

**"You get those guys in a game, they always want to go out one more shift. So we may have to tie him to the bench a bit."**

PENGUINS COACH DAN BYLSMA ON SIDNEY CROSBY

scheduled to play, the anticipation is coming to the forefront and he's excited."

He's not the only one.

Crosby's return figures to give a major lift to the Penguins, who, even without their best player, are 11-6-3 and tied with Philadelphia for the Eastern Conference lead. Tonight's game will be only the third in the last two seasons that the Penguins will have their top three centres — Crosby, former scoring champion Evgeni Malkin and Jordan

Staal — on the ice together.

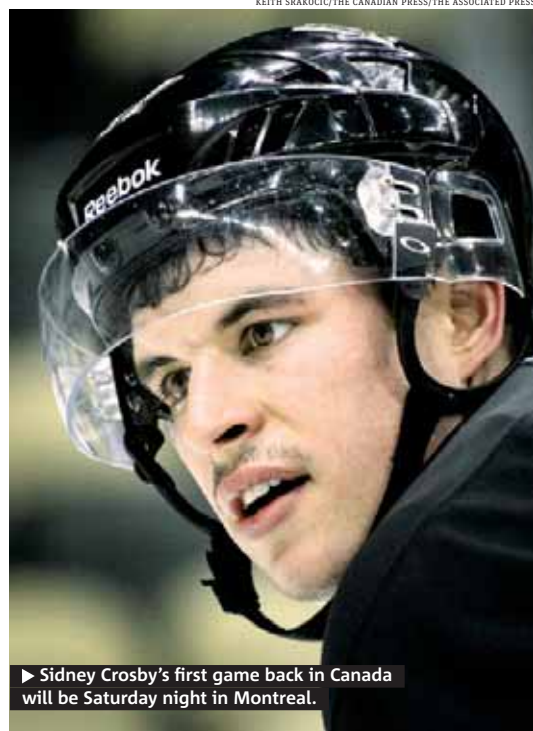
No doubt the NHL is thrilled to get back its biggest attraction, who is only 24 but already owns an MVP award, a scoring championship, a Stanley Cup victory and an Olympic gold medal.

"We're certainly going to enjoy No. 87 out there," Bylsma said.

If Crosby had a bad practice in the two months he was restricted to working out with his teammates, no one said so. He was frequently dazzling, showing off the moves, creativity and intensity that helped him accumulate 32 goals and 66 points in 41 games last season.

"We've seen him do some pretty crazy things, and we've seen him at a high pace," Bylsma said.

THE CANADIAN PRESS



► Sidney Crosby's first game back in Canada will be Saturday night in Montreal.

## Rainmen suddenly on a roll

The Halifax Rainmen's slow start is all but forgotten now that they're riding a three-game winning streak.

The Rainmen, powered by the continued strong play of guard Joey Haywood, beat the Saint John Mill Rats 122-104 before a season-high crowd of 3,562 at the Metro Centre on Friday.

Haywood, who was one of the most dominating scorers in Atlantic University Sport history during his three-year career with the Saint Mary's Huskies,



► Rainmen guard Joey Haywood.

poured in a game-high 26 points. He is averaging 21.3

points in three games of full-time duty as a rookie pro.

With the win, the Rainmen improved to 3-2 and are third in the National Basketball League of Canada. They're a game behind the first-place London Lightning (5-2) and also trail the Summerside Storm (4-2).

The Rainmen have eight full days off before their next game on Nov. 27 on the road against the Osawa Power.

● METRO

### Sports in brief

#### Huskies beat X, lost to Axe

**AUS HOCKEY.** The Saint Mary's Huskies earned a weekend split in Atlantic University Sport men's hockey action. They beat the St. Francis Xavier X-Men on Friday 5-1 but lost 4-2 to the Acadia Axemen on Saturday and are fourth overall at 7-5-1. The Dalhousie Tigers, meanwhile, have now lost 10 straight after a pair of weekend setbacks.

They're last at 2-11.

● METRO

#### SMU shoot into 2nd place

**AUS BASKETBALL.** The Saint Mary's Huskies are second in the Atlantic University Sport women's basketball standings. The Huskies blasted the UNB Varsity Reds on Friday 86-64 and are off to a 4-1 start. They host the St. Francis Xavier X-Women on Wednesday at 6 p.m. at The Tower, with the fifth-place men's team (2-3) following at 8 p.m.

● METRO



## Bills fail to change losing ways

A gimpy Fred Jackson said he'll be fine. As for the rest of the Buffalo Bills, the outlook is more bleak.

Jackson sat out much of the second half with a bruised right calf, and the injury-plagued Bills continued their downward spiral by losing to the Miami Dolphins 35-8 yesterday.

Interceptions on passes that deflected off receivers led to two Miami touchdowns. The Bills fumbled four times, and while they recovered them all, they went 0 for 14 on third- and fourth-down conversions — a rate of futility that left coach Chan Gailey shaking his head.

"I don't know if I've ever been through that before, ever," Gailey said. "When you're that bad, you're having a pitiful day."

The Bills (5-5) have dropped three in a row.

"We're baffled as to what has happened," quarterback Ryan Fitzpatrick said. "For the past three weeks, it has not been fun to play, and I'm sure it has not been fun to watch."

Along with bruised pride, the injuries mounted. Cornerback Terrence McGee (left knee) was carted off the field in the second period and is probably out for the season, Gailey said. Receiver Donald Jones (left ankle) was also carted away in the second quarter and might be out three to six weeks, Gailey said. **THE ASSOCIATED PRESS**

### Around the NFL

Aaron Rodgers threw three touchdown passes and the Green Bay Packers survived a scare from the Tampa Bay Buccaneers in a 35-26 victory yesterday. The Packers ran their record to 10-0, leaving them as the NFL's lone undefeated team going into a Thanksgiving Day matchup at Detroit. Here's some other results from yesterday.

Atlanta 23, Tennessee 17  
Baltimore 31, Cincinnati 24  
Cleveland 14, Jacksonville 10  
Chicago 31, San Diego 20  
Dallas 27, Washington 24 (OT)  
Detroit 49, Carolina 35  
Oakland 27, Minnesota 21

# Bombers' run game ignites in East final

► Win puts Winnipeg in position to end 20-year Grey Cup drought



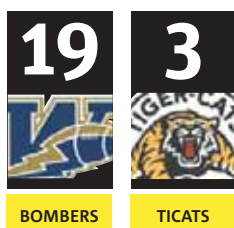
► Bombers quarterback Buck Pierce rushes the ball against the Tiger-Cats in Winnipeg yesterday.

Chris Garrett says he's dreamed of winning the Grey Cup and being named most valuable player.

Now the Blue Bombers running back has a chance to accomplish that after rushing 29 times for 190 yards and one touchdown as Winnipeg defeated the Hamilton Tiger-Cats 19-3 in yesterday's CFL East Division Final.

Winnipeg advances to the 99th Grey Cup in Vancouver on Nov. 27 against the B.C. Lions.

"It's getting closer and closer to being true," Garrett said of the dream



where he scores a pair of touchdowns. "But there's some work to be done to get to that stage. I'm just ready to work so I can get there."

Defensive lineman Jason Vega scored Winnipeg's

other touchdown as a receiver and Justin Palardy booted field goals from 22 and 37 yards.

It was the rookie Vega's second reception this season and his first career TD will go down as a three-yard pass from backup quarterback Alex Brink.

Bomber quarterback Buck Pierce had missed his team's last regular-season game with a sprained knee suffered Oct. 28 in Toronto.

He was limping a bit during the game, but that wasn't too surprising considering he ran nine times for 66 yards and com-

pleted 16-of-28 passes for 175 yards with one interception.

Winnipeg's domination started after Vega scored his TD at 4:25 of the second and Palardy followed it up with his 22-yarder. The Bombers led 10-3 at the halftime.

Palardy connected on his 37-yarder midway through the third and Garrett dove in for a three-yard TD as time expired. Winnipeg didn't attempt a convert.

The Blue Bombers finished with 271 yards rushing to the Tiger-Cats' 39 yards. **THE CANADIAN PRESS**

## Lions staying home for Grey Cup



► Lions quarterback Travis Lulay.

The B.C. Lions will get a chance to win the Grey Cup on home turf.

An interception by defensive back Korey Banks helped the Lions score two touchdowns in 2:26 of the second quarter as B.C. rolled over the Edmonton Eskimos 40-23 in the CFL West Final yesterday.

Quarterback Travis Lulay



threw for 313 yards, a pair of touchdown passes and 61-yard scoring run.

"This is huge," said Lulay. "This is the pinnacle of what we do — having an opportunity to play in the Grey Cup game."

Lulay hit Geroy Simon on a 53-yard TD and tossed a 14-yard strike to Andrew Harris as the Lions broke open a close game with 20 points in the second quarter. **THE CANADIAN PRESS**



► Toronto slugger Jose Bautista models the Jays' new uniform on Friday.

## Bautista hopes to hear good MVP news

Blue Jays slugger Jose Bautista was under a lot of pressure after signing a long-term contract extension and becoming the face of the franchise after his breakout 2010 campaign.

He responded with one of the best individual seasons in team history. Today, he just might be rewarded for his efforts.

Bautista is a contender for the American League MVP award after hitting .302 with 43 home runs, 103 RBIs and a .447 on-base percentage.

"He's as good as it gets," Jays general manager Alex Anthopoulos said in a recent interview. "I'm certainly hopeful for him and he certainly deserves it."

There is no clear favourite for the AL honour this year.

Jacoby Ellsbury and Adrian Gonzalez of the Boston Red Sox are in the mix along with New York's Curtis Granderson. Cy Young Award winner Justin Verlander of the Detroit Tigers could also be a factor.

The results of the Baseball Writers' Association of America vote will be announced at 2 p.m. ET today.

"I realize that I had a good year on the individual side," Bautista said. "But I do realize that there are other guys around the league who had great years as well."

"All I can do right now is be hopeful."

**THE CANADIAN PRESS**



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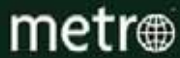
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Carpentry, Siding, Windows, Doors, Decks and Floors. We build Sheds, Garages etc...  
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<http://users.eastlink.ca/~lyndelmunro/>

**Vannie's Stonewalls**  
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## Junk Removal

**TIME TO TOSS IT**  
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

## ANNOUNCEMENTS

## Community Events

**CIHR IRSC**  
FREE Dalhousie EVENT on Brain Fitness!  
Join scientific experts for an open and informal public discussion on factors that promote healthy aging at Murphy's Restaurant, 1752 Lower Water St., Halifax, November 21, 4-6pm. Please call 494-4032. Everyone is welcome. Refreshments will be provided.

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**PAVE YOUR DRIVEWAY & SAVE!!**

- We Build New Driveways
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[metrophotochallenge.com](http://metrophotochallenge.com)

# THE WORLD IS YOUR PHOTO EXHIBIT

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The photos in picture are from previous editions of Photo Challenge.



**Public Auto AUCTION**  
**Saturday Nov.. 26 • 10am**  
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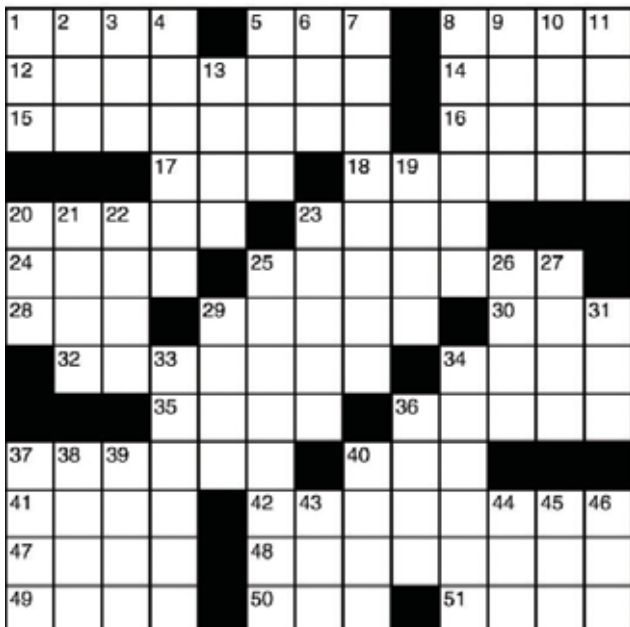




## Crossword

### Across

- 1 Heights (Abbr.)  
5 Madam's counterpart  
8 Droops  
12 Trust  
14 Hint  
15 Bribe  
16 Unusual  
17 Small barrel  
18 The hot wings caused his downfall  
20 Maximum  
23 Winter precip  
24 First man  
25 Table tennis tools  
28 Ottoman ruler  
29 Indeed  
30 Existed  
32 VIP  
34 Lima's land  
35 Humor writer  
Bombeck  
36 High nest  
37 Deli meat  
40 Have debts  
41 Advertisement  
42 Close associate  
47 Top-notch  
48 DNA, on "CSI"  
49 Burn somewhat  
50 Upper House member (Abbr.)  
51 TV host Carson  
**Down**  
1 Noah's boat  
2 Island memento  
3 Pampering, for short  
4 Himalayan region  
5 Unforeseen problem  
6 Former transp. agency

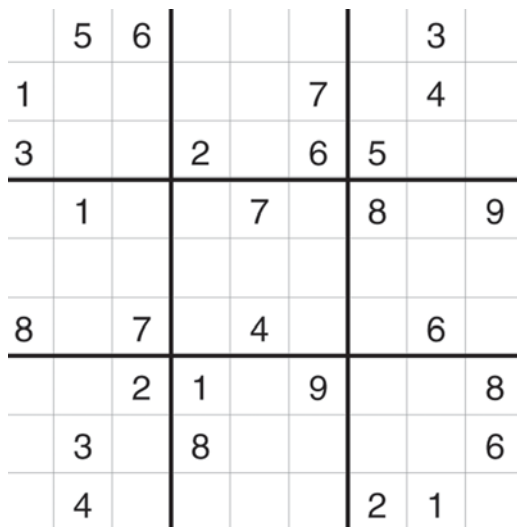


- 7 Arouse anew  
8 Write sloppily  
9 Winged  
10 Mentor  
11 Gets a glimpse of  
13 Aid and —  
19 Buffalo Bill's last name  
20 Science workbook  
21 Mid-month date  
22 "Hold the —"  
23 Finnish bath  
25 Vows  
26 Basin accessory  
27 Hindu wrap  
29 Expression  
31 Take to court  
33 Scanty  
34 Cheated at hide-and-seek  
36 Dumbstruck  
37 Health resorts  
38 Lotion additive  
39 Moon goddess  
40 Valhalla bigwig  
43 "— Got a Secret"  
44 — moment  
45 M divided by IV  
46 Indispensable

### ► Thursday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Thursday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

### Friends

Hey friends!!! Look at us go, the fall term of university of our 1st year is almost over! If I'm lucky you'll be reading this with a huge smile on your face when you're on your way to school. Different faculties and schedules, I miss seeing you guys! Good luck on your finals and can't wait to catch up with you once all this craziness is over! Smiles, TChow

FROM TCHOW

### RT14344

Happy Anniversary, my love!

FROM THE OBVIOUS

### To 1 Guy

Xtra Xcited zest does Ooo zone done u no wat 2 do. thinking of you. n only you. smile!

FROM 1 GAL

## Today's horoscope

♈ **Aries** March 21-April 20 It's time for a change. Make it a big one.  
♉ **Taurus** April 21-May 21 You may have to be ruthless with someone you have dealings with today, especially if they have been wasting your time on trivialities.  
♊ **Gemini** May 22-June 21 You can make yourself happy or you can make yourself sad — it takes the same effort.  
♋ **Cancer** June 22-July 22 What the planets are trying to tell you is that you have been pushing yourself too hard. Ease up.  
♌ **Leo** July 23-Aug. 23 Set your

own targets and make your own rules. All things are possible now.  
♍ **Virgo** Aug. 24-Sept. 22 Sit down with loved ones and discuss what has gone wrong — and what needs to be done to bring back the good times.  
♎ **Libra** Sept. 23-Oct. 23 No matter how many misunderstandings there may have been in recent weeks the approaching solar eclipse will make getting through to other people very easy indeed.  
♏ **Scorpio** Oct. 24-Nov. 22 Less is more, for now.  
♐ **Sagittarius** Nov. 23-Dec. 21 A little bit of optimism will go a

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

long way over the coming week  
♑ **Capricorn** Dec. 22-Jan. 20 You cannot be bothered with trivialities. It's the big questions that excite you.

♒ **Aquarius** Jan. 21-Feb. 18 Beneath the surface people everywhere are pretty much the same, so reach out and make contact  
♓ **Pisces** Feb. 19-March 20. You will be under a lot of pressure today, but there is no doubt at all that you can handle it, so don't panic

• SALLY BROMPTON

## Caption contest



"Bug off!"  
MARISSA



WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

## KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

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NOVEMBER 30TH

SALE HELD OVER!

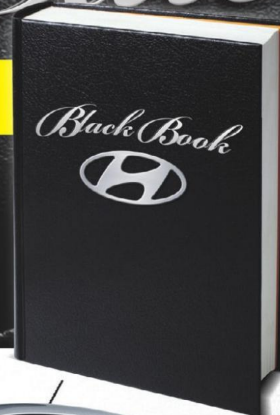
NOVEMBER 30TH

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ONLY 3 LEFT



## 2010 ACCENT 4 DOOR

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